

Over the last few weeks, an outbreak of H1N1 influenza (also known as swine flu) originating in Mexico has spread to the United States and several other countries around the world. The Center for Disease Control (CDC) has reported a number of confirmed cases across the United States, including in Indiana.

Fortunately, nearly all of these have been quickly and successfully treated.

At this point, information about the origin, nature and treatment of swine flu is still being pursued. It is known, however, that this illness is transmitted through person-to-person contact and not through the consumption of pork products. Accordingly, there are a number of precautions that you can take to avoid becoming ill and spreading illness to others:

### **If you feel well:**

Healthy residents living in areas where cases are being confirmed should take everyday preventive actions (

<http://www.cdc.gov/flu/protect/habits.htm>

). These are especially important as there is no vaccine available for swine flu at this time.

### **If you are ill:**

Individuals who are sick with influenza-like illness (fever and one or two of the following: cough, sore throat, runny nose) are reminded to take standard measures to limit spread of disease such as frequent hand washing, covering their cough and avoiding going to work, school or other settings where they could infect others (

<http://www.cdc.gov/flu/protect/habits.htm>

). Individuals should consult with their primary medical provider if their symptoms are not being managed effectively with over-the-counter medications or if they have other medical conditions such as pregnancy or chronic illness. If you become ill within seven (7) days of having traveled to Mexico, or locations in the United States and Canada where confirmed cases have occurred, you should take all of the above measures and consult with your primary care physician to determine if you need testing or treatment.

### **If you become ill at work:**

As is generally recommended, individuals who note the onset of influenza-like illness while at work should take measures to prevent the spread of disease such as leaving work in order to limit the potential exposure to others, cover their coughs and reinforce hand hygiene. If you

have questions as to the nature of your symptoms please contact your physician.

Listed below are links to the CDC with general precautions and advisories regarding the current swine flu situation.

Summary of Swine Flu Investigation and Recommendations

<http://www.cdc.gov/flu/swine/investigation.htm>

General Information About Swine Flu

[http://www.cdc.gov/flu/swine/general\\_info.htm](http://www.cdc.gov/flu/swine/general_info.htm)

World Health Organization Swine Flu Site

<http://www.who.int/csr/disease/swineflu/en/index.html>